



ADULT IMMUNIZATIONS: 19 YEARS AND OLDER

Many people think that vaccinations are only for children - but that notion is false. The recent measles outbreak associated with travel to Disneyland and mumps outbreak associated with the National Hockey League should be clear evidence of this. Each year about **42,000 adults die** from diseases that can be prevented with a vaccine. These diseases include, but are not limited to, influenza, pneumonia, pertussis, hepatitis, shingles and measles.

Some people in our society are not able to fight off infections from the organisms that cause these diseases because their immune systems are too young or have been weakened by illness, treatment or old age. These people depend on others in society to help stop the spread of these diseases by getting immunized. If everyone who is eligible got immunized, these diseases would disappear! So far the only disease that we have completely wiped out is smallpox.

The Centers for Disease Control and Prevention's (CDC) recommended schedule of immunizations that is specifically for adults can be found at <http://www.cdc.gov/vaccines/schedules/hcp/adult.html>. The Madison Health Department strongly encourages residents to speak to their doctor and do their part to help prevent sickness, disability and death for themselves and others by confirming and updating their personal vaccination and immunity status.

Stay protected. Get Vaccinated!

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